

# 17 Day Diet

## Cycle 1: Accelerated Food List

### LEAN PROTEINS

**Serving: No Limits**

#### FISH

Salmon (Canned or Fresh)  
Sole  
Flounder  
Catfish  
Tilapia  
Tuna (Canned in light water)

#### POULTRY

Skinless Chicken Breasts  
Skinless Turkey Breasts  
Lean Ground Chicken  
Lean Ground Turkey

#### EGGS (2 Eggs = 1 Serving)

### VEGETABLES/SPICES

**Serving: No Limits**

Should be eaten raw when possible

Artichoke  
Artichoke Hearts  
Asparagus  
Bamboo Shoots  
Bean Sprouts  
Bell Peppers (All Colors)  
Bok Choy  
Broccoli  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard Greens  
Cucumbers  
Eggplant  
Green Beans

Leeks  
Lettuce (All Varieties)  
Mushrooms  
Okra  
Onions  
Pea Pods  
Scallions  
Snow Peas  
Spinach  
Summer Squash  
Tomatoes  
Tomatillos  
Watercress  
Zucchini

### LOW SUGAR FRUITS

**Serving: 2 Servings Daily**

1 piece fresh or 1 cup chopped  
Should be eaten raw when possible  
Do not eat fruit after 2pm

Apples  
Berries (All Types)  
Grapefruit  
Oranges  
Peaches  
Pears  
Plums  
Prickly Pear Cactus  
Prunes  
Red grapes

### PROBIOTICS

**Serving: 2 Servings Daily**

Yogurt (Including Greek, Sugar Free Fruit Flavored, Plain, Low Fat)  
Kefir (1 cup)  
Low Fat Acidophilus Milk (1 cup)

Breakstone LifeActive Cottage Cheese (½ cup)  
Low Sodium Broth (1 tbsp)  
Tempeh (4 oz)  
Sauerkraut (½ cup)  
Kimchi (½ cup)

### SPICES/SAUCES

**Serving: 1 - 2 Tbsp Daily**

Chiles  
Cilantro  
Fennel  
Flaxseed Oil  
Garlic  
Jams (Sugar Free)  
Jellies (Sugar Free)  
Ketchup (Low Carb)  
Parsley  
Olive Oil  
Pepper  
Marinara Sauce (Sugar Free)  
Mustard  
Salad dressings (Sugar Free and Fat Free)  
Salsa  
Salt (Keep to Minimum)  
Soy Sauce (Light)  
Sour Cream (Low Fat)  
Truvia  
Vegetable Cooking Spray  
Vinegar

### DRINKS

Water  
Green Tea

